

Women's College Sexual Assault/Domestic Violence Care Centre

<http://www.womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre>

Tel: (416) 323-6040

Counselling on HIV/AIDS and other sexually transmitted diseases, safer sex activities, birth control, emergency contraception, sexuality, relationship concerns, pregnancy options and sexual orientation.

Youth Help Lines

AIDS & Sexual Health Infoline

Tel: (416) 392-2437

Toll free: 1 (800) 668-2437

Hours: 10 a.m. to 10:30 p.m., Monday to Friday; 11 a.m. to 3 p.m., Saturday and Sunday

No matter where you are in Ontario, you can call our free and anonymous Infoline to speak with our trained counsellors.

Black Youth Helpline

<http://www.blackyouth.ca>

Tel: (416) 285-9944

Hours: 9 a.m. to 5 p.m., Monday to Friday
Find information, referral and support. Get parenting support, support to stay in school and help in returning to school.

Kids Help Phone

<http://www.kidshelpphone.ca>

Toll-free: 1 (800) 668-6868

Hours: 24 hours, 7 days

An anonymous phone counseling, referral, and Internet service for children and youth.

PACT Urban Peace Program

<http://www.pactprogram.ca>

Tel: (416) 656-8824

Hours: call for hours

Life skills, coaching, mentoring, life plan coaching for underserved, marginalized, and higher risk repeat young offenders.

TDSB Student Safety Line

<http://www.tdsb.on.ca/safetyline>

Tel: (416) 395-7233

Hours: 24 hours, 7 days

Safety Line is an anonymous way for students to tell someone about his/her personal or school safety concerns.

Teen Health Source

<http://teenhealthsource.com>

Tel: (416) 961-3200

Text: (647) 933-5399

Trained teen volunteers answer your questions about birth control, pregnancy, sexually transmitted diseases including AIDS/HIV, sexual readiness, peer pressure to have sex.

Yonge Street Mission

<http://www.ysm.ca>

Tel: (416) 929-9614

Hours: 9 a.m. to 5 p.m., Monday to Friday
Find services and support for street youth.

Services include hot meals, informal and formal counseling, shower and laundry facilities, and access to emergency clothing, referrals and advocacy and legal advice.

Yorktown Child and Family Centre

<http://www.yorktownfamilyservices.com>

Tel: (416) 394-2999 Crisis Line

Tel: (416) 394-2424 Child & Family Centre

Tel: (416) 394-2950 Shelter for Women

Hours: call for hours

Mental health treatment services for children from birth to 18 years of age and their families or caregivers.

Youth Line

<http://www.youthline.ca>

Tel: (416) 962-9688

Text: (647) 694-4275

Toll-Free: 1 (800) 268-9688

Hours: 4 p.m. to 9:30 p.m., Sunday to Friday

Confidential, free and non-judgmental peer support for lesbian, gay, bisexual, transgender youth, aged 26 years old & under.

Youthdale Treatment Centres

<http://youthdale.ca/en>

Tel: (416) 363-9990 (Crisis line for parents)

Hours: 24 hours, 7 days

Services include outpatient consultation, residential treatment, and psychiatric crisis response.

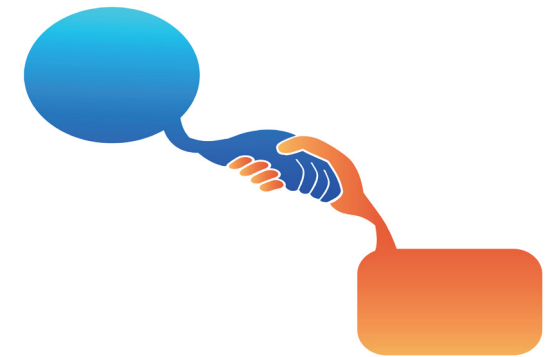
The Patient & Family Resource Centre

offers free information on any condition or disease. Please send your requests for information to: pfrc@hrh.ca



Patient Care Reinvented.

Telephone Information & Crisis Lines



English

This information is important! If you have trouble reading this, ask someone to help you.

Italian

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

Assaulted Women's Helpline

<http://www.awhl.org>

Tel: (416) 863-0511

Toll-Free: 1 (866) 863-0511

TTY: 1 (866) 863-7868

Hours: 24 hours, 7 days

Provides counselling, emotional support, safety planning guidance around options and referrals to community support service for women.

Community Crisis Response Programs

Tel: (416) 929-5200 (Gerstein Centre)

Tel: (416) 408-4357 (Toronto)

Tel: 1 (855) 310-2673 (York Region/North York)

Tel: (416) 495-2891 (Scarborough/East York)

Tel: (905) 278-9036 (Peel Region)

Tel: 1 (888) 811-2222 (Caledon)

Tel: (905) 666-0483 (Durham Region)

Toll-free: 1 (800) 742-1890 (Durham Region)

Hours: 24 hours, 7 days

Assists people with mental health problems to defuse a crisis situation and meet their immediate safety needs.

Distress Line

<http://www.torontodistresscentre.com>

Tel: (416) 408-4357

Hours: 24 hours, 7 days

Provides emotional support for individuals experiencing emotional distress, marginalization, social isolation and those who may require crisis intervention and suicide/family violence intervention services.

Drug & Alcohol Helpline

(ConnexOntario Health Service Information)

<http://www.drugandalcoholhelpline.ca>

Toll-free: 1 (800) 565-8603

Hours: 24 hours, 7 days

Find drug and alcohol treatment services.

EatRight Ontario (Dietitians of Canada)

<http://www.eatrightontario.ca>

Toll-free: 1 (877) 510-510-2

Hours: 9 a.m. to 5 p.m., Monday to Friday

Speak to a Registered Dietitian, who will answer your nutrition-related questions.

Foodshare Toronto

<https://foodshare.net>

Tel: (416) 363-6441

Hours: 9 a.m. to 5 p.m., Monday to Friday

Find food banks, especially smaller neighborhood-based services.

Gerstein Centre

<http://www.gersteincentre.org>

Tel: (416) 929-5200

TTY: (416) 929-9647

Hours: 24 hours, 7 days

Telephone support and crisis intervention for adults who are experiencing mental health problems and are living in the City of Toronto.

Mental Health Helpline

(ConnexOntario Health Service Information)

<http://www.mentalhealthhelpline.ca>

Toll-free: 1 (866) 531-2600

Hours: 24 hours, 7 days

Find mental health services and supports.

Ontario Poison Centre

<http://www.ontariopoisoncentre.ca>

Tel: (416) 813-5900

Toll-free: 1 (800) 268-9017

For information regarding poisons and appropriate first aid treatment.

Ontario Problem Gambling Helpline

(ConnexOntario Health Service Information)

<http://www.opgh.on.ca>

Toll-free: 1 (888) 230-3505

Hours: 24 hours, 7 days

Find problem gambling treatment services.

Survivor Support Program

<https://www.torontodistresscentre.com/survivor-support>

Tel: (416) 595-1716

Provides individualized grief support for survivors - bereaved family and friends - of suicide or homicide loss in safe, one on one formats.

Toronto Rape Crisis Centre / Multicultural Women Against Rape

<http://trccmwar.ca>

Tel: (416) 597-8808

Tel: (416) 597-1171 ext. 228 (Spanish line)

Hours: 24 hours, 7 days

Counselling and referral services to professional and community resources.

Toronto Senior's Help Line

<http://4seniors.org>

Tel: (416) 217-2077

Toll-free: 1 (877) 621-2077

Hours: 9 a.m. to 8 p.m., Monday to Friday; 10 a.m. to 6 p.m., Saturday, Sunday and statutory holidays

The Helpline is a single point of access for seniors and caregivers to receive information and access to community, home, and crisis services.

Toronto Shelters and Hostels

Call 3-1-1 or Central Intake

Tel: (416) 338-4766

Toll-free: 1 (877) 338-3398

Victim Services Toronto

<http://victimservicestoronto.com>

Tel: (416) 808-7066

Hours: 24 hours a day, 7 days a week

Immediate crisis response, intervention and prevention services for individuals, families and communities affected by crime and sudden tragedies.

Victim Support Line (VSL)

Ontario Ministry of the Attorney General

<https://www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.php>

Tel: (416) 314-2447

Toll-free: 1 (888) 579-2888

Hours: 8 a.m. to 10 p.m., 7 days

Find support services in the community and listen to pre-recorded information about the criminal justice system for victims of crime.